



SOUTH TYNESIDE SWIMMING CLUB

Summer Training Programme 2017

Date	A Squad	B Squad	C Squad	D Squad	New D Squad
Monday 24 th July	5:30pm - 7:30pm Jarrow	5:00pm - 6:30pm Hebburn	4:00pm - 5:30pm Jarrow	4:00pm - 5:00pm Hebburn	4:00pm - 5:00pm HP
Tuesday 25 th July	5:00pm - 7:00pm Jarrow	5:00pm - 7:00pm Jarrow			
Wednesday 26 th July	5:00pm - 7:00pm HP	5:00pm - 7:00pm HP	7:45pm - 9.15pm Hebburn		7:00pm - 8:00pm HP
Thursday 27 th July	6:30pm - 8:00pm Jarrow	6:30pm - 8:00pm Jarrow	No Training		
Friday 28 th July	5:00pm - 7:00pm Hebburn	5:00pm - 7:00pm Hebburn		4:00pm - 5:00pm Jarrow	4:00pm - 5:00pm Hebburn
Saturday 29 th July	7:00am - 9:00am HP	7:00am - 9:00am HP	7:30am - 9:00am HP	9:00am - 10:00am Jarrow	
Sunday 30 th July			1:45pm - 3:45pm Hebburn		
<u>Mondays</u>					
31 st July, 7 th , 14 th & 21 st August	6:00pm - 7.30pm Jarrow	6:00pm - 7.30pm Jarrow	4:00pm - 5:00pm Jarrow	5:00pm - 6:00pm Jarrow	5:00pm - 6:00pm Jarrow
<u>Wednesdays</u>					
*2 nd , 9 th , 16 th , 23 rd & 30 th August	5:00pm - 7:00pm HP	5:00pm - 7:00pm HP	5:00pm - 7:00pm HP	*	*7:00pm - 8:00pm HP
<u>Thursdays</u>					
3 rd , 10 th , 17 th , 24 th & 31 st August	6:00pm - 8:00pm Jarrow	6:00pm - 8:00pm Jarrow		5:00pm - 6:00pm Jarrow	

- *Swimmer of the Month will be held at Haven Point on Wednesday 2nd August 5:00pm - 7:00pm for all Squads
- Sprint Squad swimmers may attend any two B or C Squad sessions per week
- Note: Monday 28th August is a bank holiday and there will be no training
- Normal Training Schedule will resume Monday 4th September except there will be no early morning training on the Monday or Friday of the first week back

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